



This unique class captures the essence of movement and rhythm utilizing drum sticks and resist-a-balls. Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially. Join our class today to experience how it provides an element of fun and creative expression.

**Where:** Pruzin Community Center: 5750 Tyler Street, Merrillville, IN 46410  
**Fee:** \$35 Residents/\$40 Non-Residents  
**When:** Wednesdays: July 6-27, Aug. 24-Sept. 14, Sept. 21-Oct. 12, Oct. 26-Nov. 16, Dec. 14-Jan. 4  
**Time:** School Age: (ages 8 -15) 5:15-6pm  
Adults: (ages 16-99+) 6-6:45pm



*Note New Times*

Drums Alive: Make Checks Payable to: Merrillville Parks and Recreation  
Mail To: Pruzin Community Center, 5750 Tyler Street, Merrillville, IN 46410

Students Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

e-mail: \_\_\_\_\_

Session Enrolling In: \_\_\_\_\_